

Tired of thinking of the worst case scenario? Are you constantly beating yourself up inside? Do you have a voice in your head that won't shut up? That berates you? That tells you things that turn out not to be true? Has it occurred to you that thought is the source of all human misery including yours? Many feel that life is painful, but suffering is all of the thinking we do about the pain! You have probably felt there must be an answer but you haven't been able to find it in self-help, spiritual practice, or so called personal growth programs. Life is perfect, unless you think about it, says Dr. Mark Waller in Mastering Thought (Before it masters You!). This book will set you free, plainly and simply. Learn the practice outlined in this book and you will go free of drama, and live a life without the mental struggle. Many teachers give you the view from the mountain top. In Mastering Thought, Dr. Waller shows you the path to climb. Mastering Thought gives you the secret to life without an internal commentator.

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